Distributed by SPORTIME

FIRSTBEAT

Falcon HR 161 TE 3.5
Dune HR 159 TE 3.4
Dusk HR 136 TE 2.8
Flame HR 197 TE 3.9
Force HR 173 TE 3.5
Eve HR 151 TE 3.4
Calio HR 171 TE 2.8
Edge HR 162 TE 3.9
Eagle HR 187 TE 3.1
Air HR 145 TE 2.5
Fuji HR 173 TE 2.9
Bull HR 148 TE 4.1
Ghost HR 149 TE 1.9
Chill HR 138 TE 3.8
Core HR 184 TE 3.0
Fire HR 191 TE 3.3
0:01:03.6
Stop
Add new belts

FIRSTBEAT MONITOR SCHOOL PACK

USER GUIDE | VERSION 1.2

INTRODUCTION

TABLE OF CONTENTS

1 Firstbeat monitor	3
1.1 System Requirements	3
1.2 Terms and abbreviations	3
2 Installation	4
2.1 Install Firstbeat Monitor	4
3 Using the monitor	6
3.1 Login	6
3.2 Getting started	6
3.2.1 Product registration	7
3.2.2 Set-up wizard steps	7
3.2.3 Configuration tool	8
3.3 Monitoring session	10
3.3.1 Start monitoring session	10
3.3.2 End monitoring session	10
3.3.3 Modifying settings during the workout	11
3.4 Settings	11
3.4.1 Display settings	11
3.4.2 Training zones	12
3.4.3 Communication settings	12
3.4.4 Other settings	13

COPYRIGHT © FIRSTBEAT TECHNOLOGIES OY **WWW.FIRSTBEAT.FI**

1 FIRSTBEAT MONITOR

Firstbeat Monitor School pack is High performance monitoring system for indoor and outdoor monitoring of heart rate and Training Effect of Physical Education classes. Real time monitoring and feedback reporting of meaningful physiological information makes physical education fun and efficient.
The system consists of monitoring hardware (receiver and heart rate belts) and Firstbeat Monitor software. Online internet access is recommended to exploit all the features in the software, but the system can be used in offline mode as well.

1.1 System Requirements

Operates in Windows Vista, XP and 7
– RAM at least 512 MB
– Processor at least 1 GHz
– Minimum of 50 MB of free hard disk drive space
– Screen resolution at least 1024x768 and 16-bit colors
– Software: Adobe Acrobat Reader 5.0 or later
– Compatible measurement devices:
Suunto TEAM Pod and Firstbeat team receiver

1.2 Terms and abbreviations

%HRmax
Heart rate expressed as percent (%) of one's maximum heart rate.

MVPA
MVPA (Moderate to Vigorous Physical Activity) is the intensity level where fitness activities are the most efficient for improving cardiovascular fitness in physical education. According to Healthy People 2010 (HP2010) objective 22-10, students must spend 50 percent or more of their activity time in MVPA. In Firstbeat School Monitor the MVPA zone is set to heart rate level from 135bpm to 185bpm and the proportional (%) time spent within the zone can be monitored in real time during the group workout.

Activity Class (AC)
Activity Class represents an evaluation of the current fitness level of the student. The chosen Activity Class affects how quickly Training Effect parameter accumulates during exercise.

Student profile
Each student needs to have profile in Firstbeat Monitor. Profile is used for individual analysis and it provides personalized real-time information on each student during the PE class.

Class
Class represents group of Students in Firstbeat Monitor. Name and select Students to Classes for quick and easy start of PE class session.

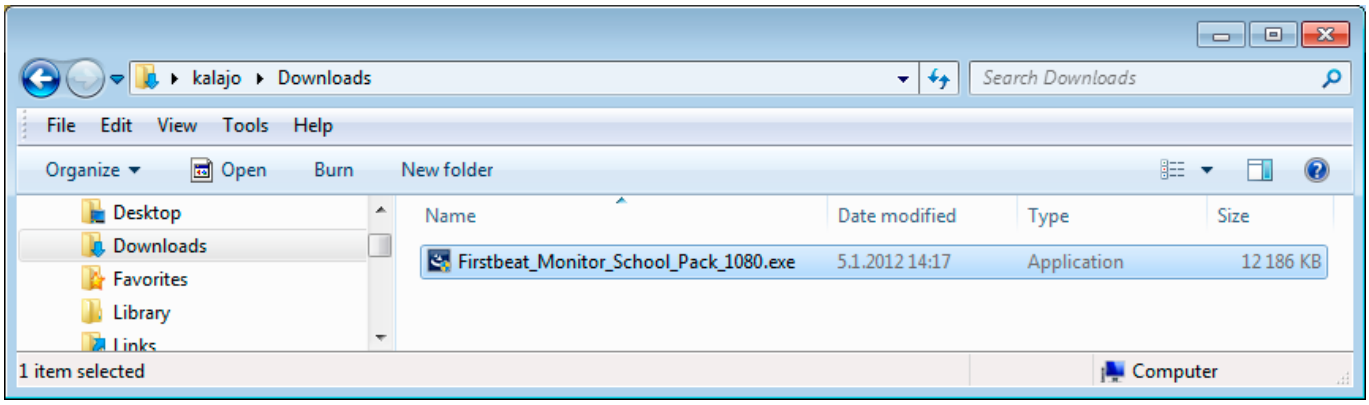
COPYRIGHT © FIRSTBEAT TECHNOLOGIES OY **WWW.FIRSTBEAT.FI**

2 INSTALLATION

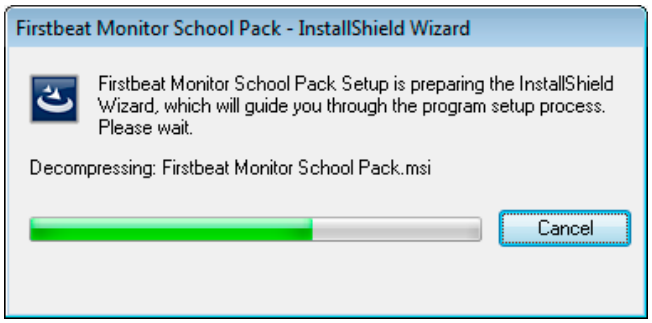
Please find the Firstbeat Monitor installation package in the memory stick in Firstbeat Monitor School Pack.

2.1 Install Firstbeat Monitor

Plug-in the memory stick to PC's USB port and open the content. Double click Firstbeat Monitor School Pack icon.

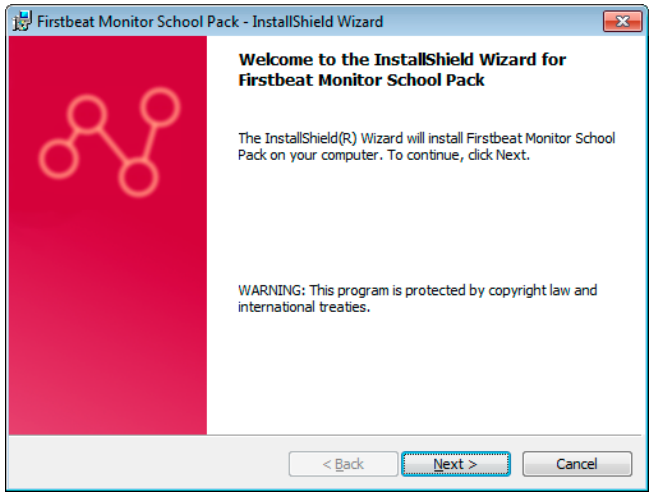


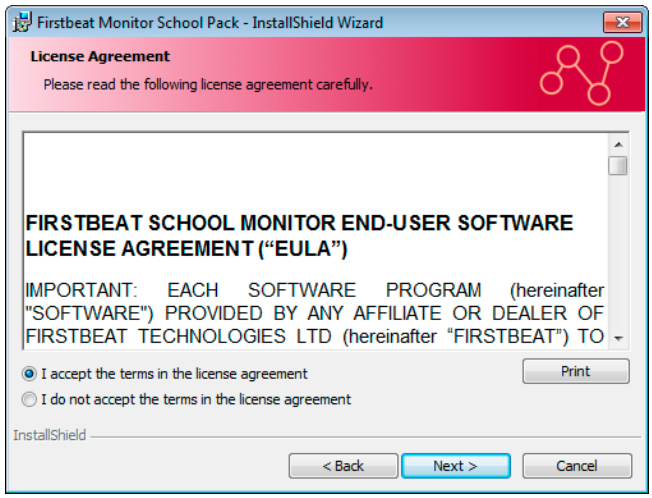
Wait for software installation wizard to open.

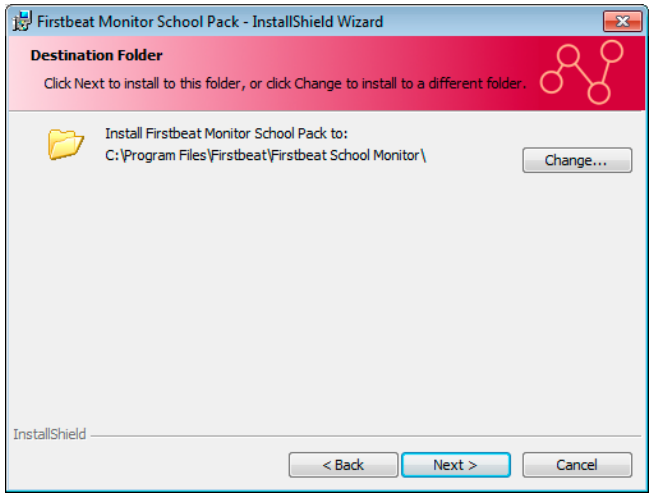

Firstbeat Monitor School Pack - InstallShield Wizard
Firstbeat Monitor School Pack Setup is preparing the InstallShield Wizard, which will guide you through the program setup process. Please wait.
Decompressing: Firstbeat Monitor School Pack.msi
Cancel

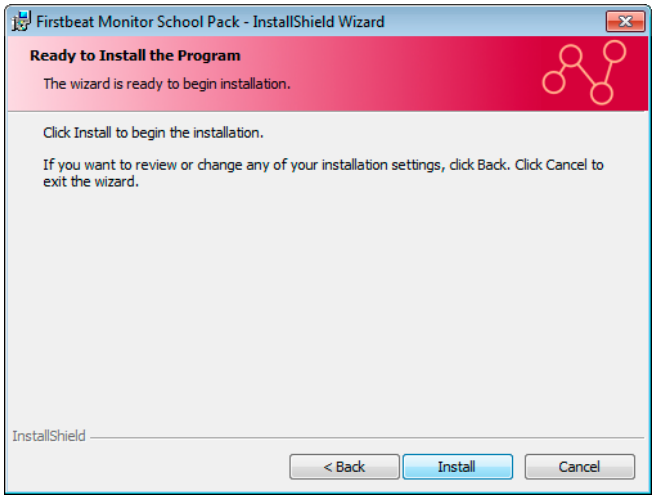
COPYRIGHT © FIRSTBEAT TECHNOLOGIES OY **WWW.FIRSTBEAT.FI**

The wizard will guide you through the program installation process. Please follow Wizard's instructions.

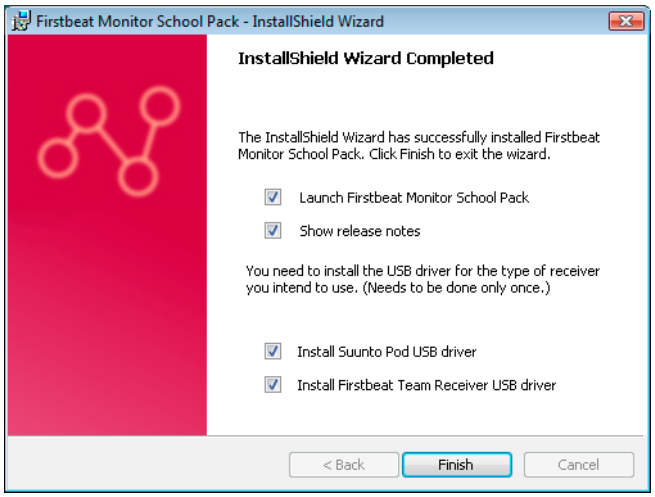

Firstbeat Monitor School Pack - InstallShield Wizard
Welcome to the InstallShield Wizard for Firstbeat Monitor School Pack
The InstallShield(R) Wizard will install Firstbeat Monitor School Pack on your computer. To continue, click Next.
WARNING: This program is protected by copyright law and international treaties.
< Back
Next >
Cancel


Firstbeat Monitor School Pack - InstallShield Wizard
License Agreement
Please read the following license agreement carefully.
FIRSTBEAT SCHOOL MONITOR END-USER SOFTWARE LICENSE AGREEMENT ("EULA")
IMPORTANT: EACH SOFTWARE PROGRAM (hereinafter "SOFTWARE") PROVIDED BY ANY AFFILIATE OR DEALER OF FIRSTBEAT TECHNOLOGIES LTD (hereinafter "FIRSTBEAT") TO
I accept the terms in the license agreement
I do not accept the terms in the license agreement
Print
InstallShield
< Back
Next >
Cancel


Firstbeat Monitor School Pack - InstallShield Wizard
Destination Folder
Click Next to install to this folder, or click Change to install to a different folder.
Install Firstbeat Monitor School Pack to:
C:\Program Files\Firstbeat\Firstbeat School Monitor\
Change...
InstallShield
< Back
Next >
Cancel


Firstbeat Monitor School Pack - InstallShield Wizard
Ready to Install the Program
The wizard is ready to begin installation.
Click Install to begin the installation.
If you want to review or change any of your installation settings, click Back. Click Cancel to exit the wizard.
InstallShield
< Back
Install
Cancel

After the program is installed then you must install the device drivers for the Team Receiver. Select the correct driver: For new School Pack users select Firstbeat receiver USB driver (for Firstbeat Team Receiver). For Suunto hardware users (if you have Suunto HR belts and Suunto Team POD Receiver from earlier purchase) then you must select Suunto Pod USB driver (for Suunto Team Pod Receiver).


Firstbeat Monitor School Pack - InstallShield Wizard
InstallShield Wizard Completed
The InstallShield Wizard has successfully installed Firstbeat Monitor School Pack. Click Finish to exit the wizard.
Launch Firstbeat Monitor School Pack
Show release notes
You need to install the USB driver for the type of receiver you intend to use. (Needs to be done only once.)
Install Suunto Pod USB driver
Install Firstbeat Team Receiver USB driver
< Back
Finish
Cancel

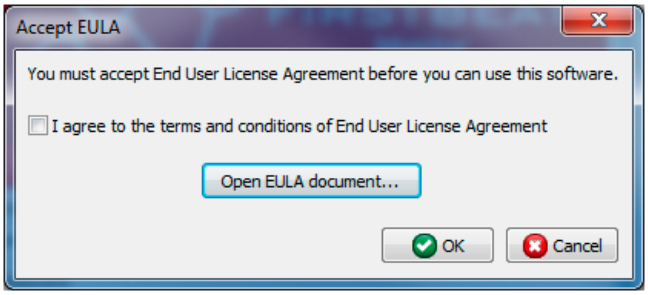
USB driver setup Wizard will guide you through the driver setup process. Follow the Wizard instructions.

3 USING THE MONITOR

3.1 Login

For full functionality Firstbeat Monitor must be connected to the server through internet. Firstbeat Monitor asks for username and password for safe server connection each time it is started. Search the document *User Names* and *Passwords* in the School Pack for the Teacher credentials. Enter username and password and click OK.

Each Teacher must accept the EULA (End User License Agreement) before the first login. Accept the EULA and click OK.


Accept EULA
You must accept End User License Agreement before you can use this software.
I agree to the terms and conditions of End User License Agreement
Open EULA document...
OK
Cancel

Firstbeat Monitor can be used without internet connection with limited functionality. Clicking *Offline* mode in *Login* screen bypasses the login and server connection. During server connection Firstbeat Monitor collects class and student profile information from the server. Therefore the offline mode causes some limitations to the monitoring:

> *Without connection to Firstbeat Server and student profile information the display information is limited Heart rate (bpm) and MVPA can still be shown on the monitoring screen when offline.*

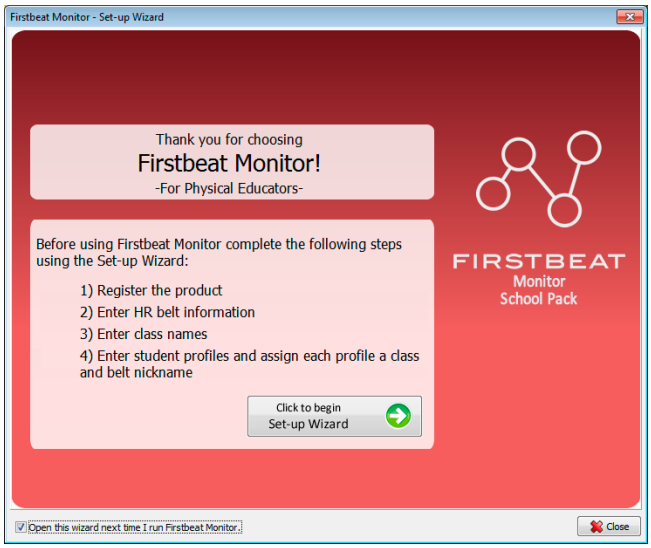
> *However in offline mode you cannot SAVE heart rate data and automatic e-mailing is also disabled.*

Hint! For full Monitor functionality in area without internet connectivity you can try the following:

1. Start up the Firstbeat Monitor in place with internet connection (such as in teachers' office) and login to the program/ server there. Select the class to be monitored and click ok.
2. Then move PC to the PE class area and continue session as normal. Now all detailed monitoring information is shown on screen based on student profiles.
3. After stopping the session you can get back online and the monitored data will be automatically sent to server. Also the automatic reporting will work correctly.

3.2 Getting started

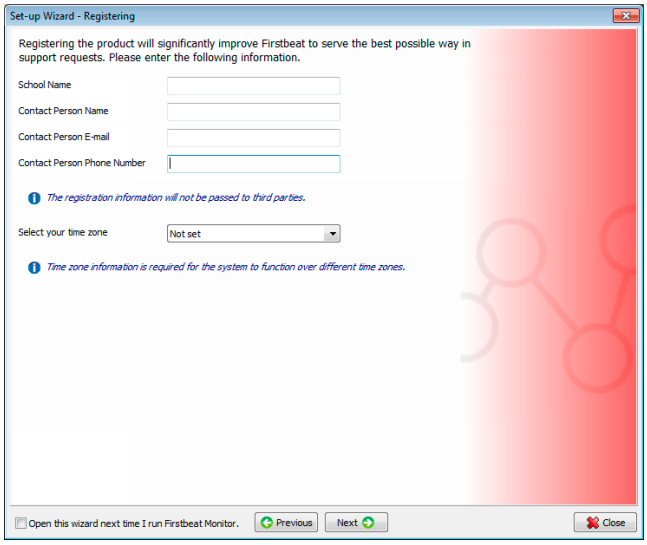
During the first use the *Set-up Wizard* will help you get started. Click *Set-up Wizard* to begin.


Firstbeat Monitor - Set-up Wizard
Thank you for choosing
Firstbeat Monitor!
-For Physical Educators-
Before using Firstbeat Monitor complete the following steps using the Set-up Wizard:
1) Register the product
2) Enter HR belt information
3) Enter class names
4) Enter student profiles and assign each profile a class and belt nickname
Click to begin Set-up Wizard
FIRSTBEAT
Monitor
School Pack
Open this wizard next time I run Firstbeat Monitor.
Close

COPYRIGHT © FIRSTBEAT TECHNOLOGIES OY **WWW.FIRSTBEAT.FI**

3.2.1 Product registration

Registering the product will allow Firstbeat to support your needs better. Enter the appropriate contact information and select your time zone. Click *Next*.


Set-up Wizard - Registering
Registering the product will significantly improve Firstbeat to serve the best possible way in support requests. Please enter the following information.
School Name
Contact Person Name
Contact Person E-mail
Contact Person Phone Number
The registration information will not be passed to third parties.
Select your time zone
Not set
Time zone information is required for the system to function over different time zones.
Open this wizard next time I run Firstbeat Monitor.
Previous
Next
Close

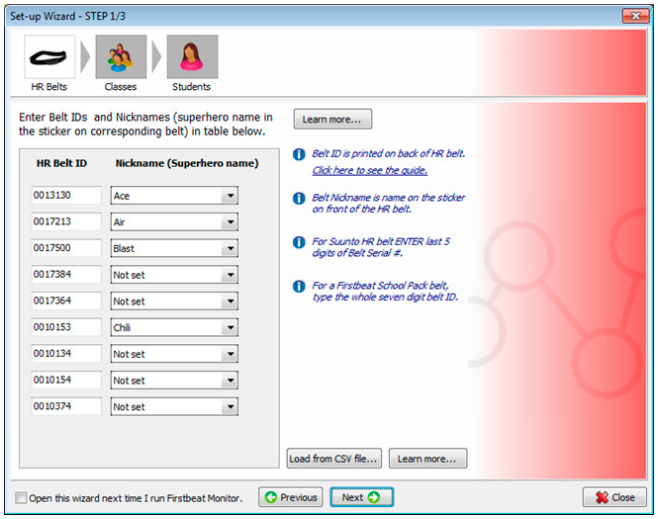
3.2.2 Set-up wizard steps

Setup wizard walks you through entering belt IDs, classes and student profiles. This information is necessary to allow for detailed real-time monitoring and reporting. The configuration can be modified later using *Configuration* tool.

Enter HR belt information

Enter all HR belt IDs and corresponding profile nicknames in the table. Firstbeat Monitor needs this information to associate the HR belt data with a nickname shown on the screen. Students wearing HR belts must know their belt nickname which is written on a sticker or label on front of HR belt.

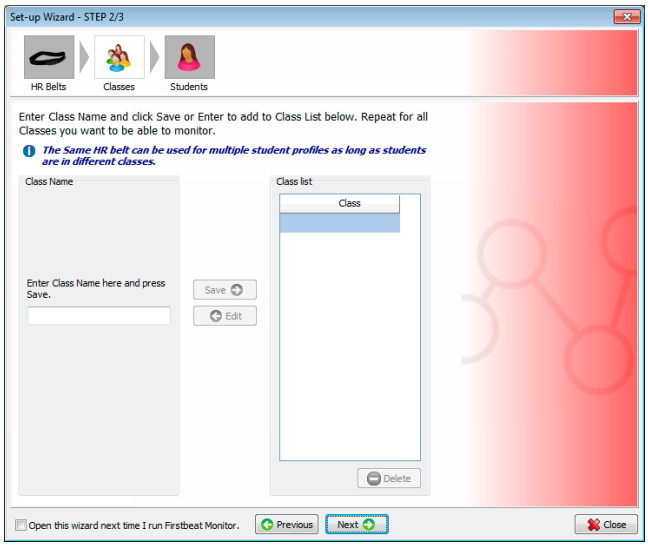
Alternatively, click *Load from CSV file…* and import the list of HR belt IDs and corresponding pre-set profile nicknames from the memory stick provided (File name is belt-information.csv).


Set-up Wizard - STEP 1/3
HR Belts
Classes
Students
Enter Belt IDs and Nicknames (superhero name in the sticker on corresponding belt) in table below.
Learn more...
HR Belt ID
Nickname (Superhero name)
0013130 Ace
0017213 Air
0017500 Blast
0017384 Not set
0017364 Not set
0010153 Chili
0010134 Not set
0010154 Not set
0010374 Not set
Belt ID is printed on back of HR belt.
Click here to see the guide.
Belt Nickname is name on the sticker on front of the HR belt.
For Suunto HR belt ENTER last 5 digits of Belt Serial #.
For a Firstbeat School Pack belt, type the whole seven digit belt ID.
Load from CSV file...
Learn more...
Open this wizard next time I run Firstbeat Monitor.
Previous
Next
Close

Enter Class names

Enter the names of classes you want to set up for heart rate monitoring. Select class name in the list and click *Edit* to change the class name.

Hint: For fast editing: Type the class name, press *Enter* and repeat the process as long as all classes are entered.

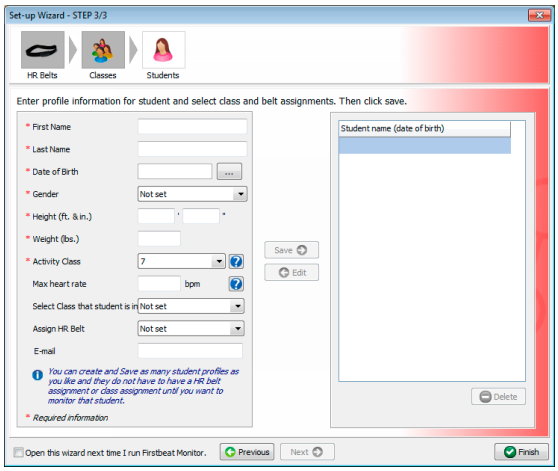

Set-up Wizard - STEP 2/3
HR Belts
Classes
Students
Enter Class Name and click Save or Enter to add to Class List below. Repeat for all Classes you want to be able to monitor.
The Same HR belt can be used for multiple student profiles as long as students are in different classes.
Class Name
Enter Class Name here and press Save.
Save
Edit
Class list
Class
Delete
Open this wizard next time I run Firstbeat Monitor.
Previous
Next
Close

Enter students

Each student needs to have a profile in Firstbeat Monitor for detailed analysis, monitoring and reporting. Enter profile information for students then select class and belt assignments. The red star (*) indicates required information.

The class and HR belt assignments can be also be done later in configuration tool. The assignments are required for monitoring the student.

Entering the student's or parent's e-mail address enables e-mailing the student PDF report for each PE session.


Set-up Wizard - STEP 3/3
HR Belts
Classes
Students
Enter profile information for student and select class and belt assignments. Then click save.
* First Name
* Last Name
* Date of Birth
* Gender
Not set
* Height (ft. & in.)
* Weight (lbs.)
* Activity Class
Max heart rate
bpm
Select Class that student is in
Assign HR Belt
E-mail
You can create and Save as many student profiles as you like and they do not have to have a HR belt assignment or class assignment until you want to monitor that student.
* Required information
Save
Edit
Student name (date of birth)
Delete
Open this wizard next time I run Firstbeat Monitor.
Previous
Next
Finish

3.2.3 Configuration tool

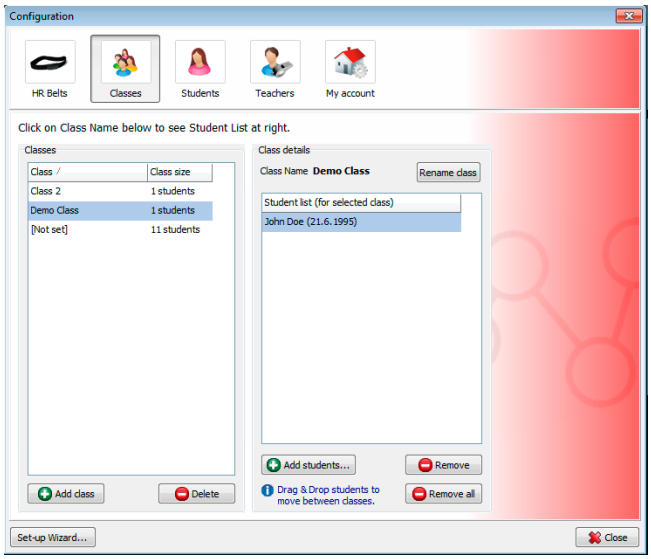
Configuration tool provides access to the same information as the Setup Wizard. While Setup Wizard focuses on getting started easily, Configuration tool shows the current set up and allows s changes to it. Open *Configuration tool* in Main menu on bottom right of main screen.

Edit HR belt information

See the instructions *Enter HR belt information* in previous chapter.

Edit Classes

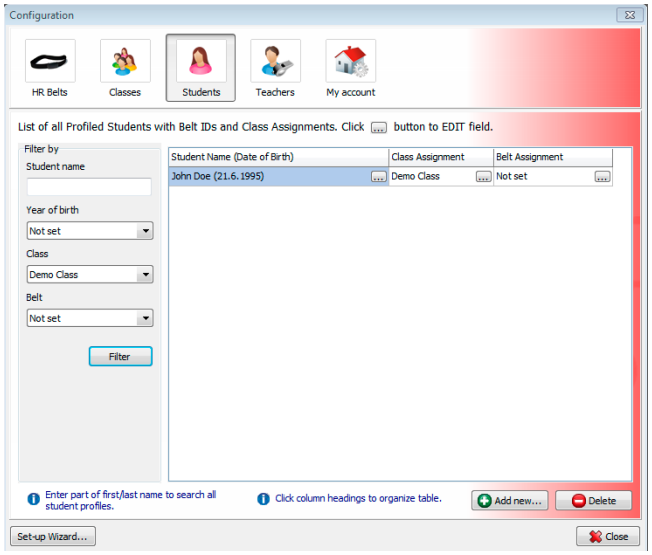
Click on class name in the list of classes to see the students at right. Click *Add students* to add un-assigned students to the selected class. Drag & drop students to move between classes. Removing students moves them to class *[Not set]*. Click *Add class* to add new classes. Select class and click *Delete* to remove it.



COPYRIGHT © FIRSTBEAT TECHNOLOGIES OY **WWW.FIRSTBEAT.FI**

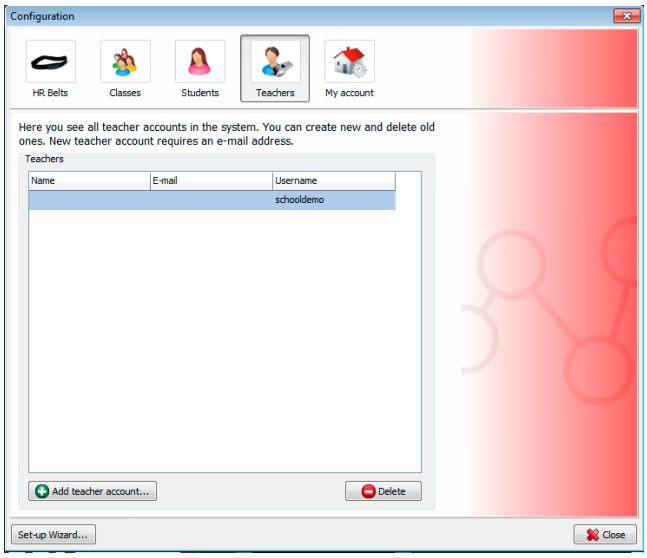
Edit Students

Edit student profiles and select class and HR belt assignments by clicking ... button on appropriate cell in the table. Click *Add new* to add new student profiles. Click on Student's name and click *Delete* to remove student profile.



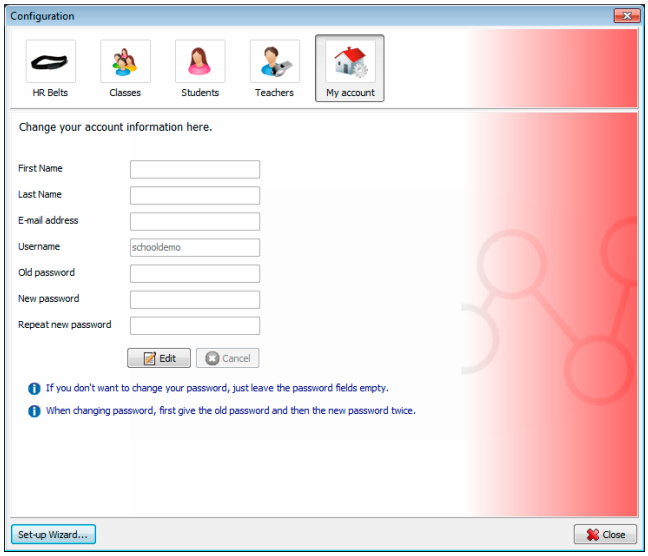
Teacher accounts

Here you can manage all the teacher accounts in the system. You can create new accounts by clicking *Add teacher* account and delete old ones by clicking *Delete*. New teacher account requires an e-mail address where credentials are being sent.



My account

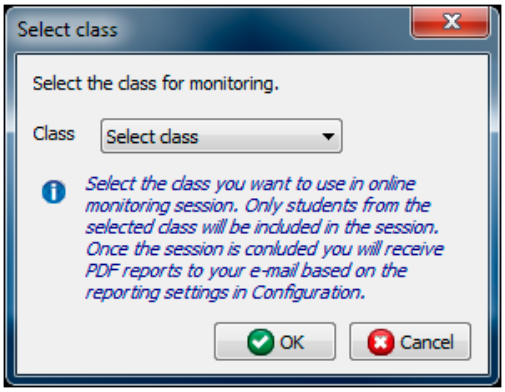
Here you can change your own account information. Click *edit* to change account information. When you are ready click *save* to confirm changes. By clicking *Cancel* the program returns back without saving.

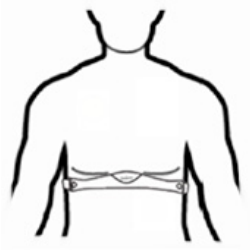


3.3 Monitoring session

3.3.1 Start monitoring session

Connect Group Receiver to PC's USB port. After login Select class for monitoring and click OK.

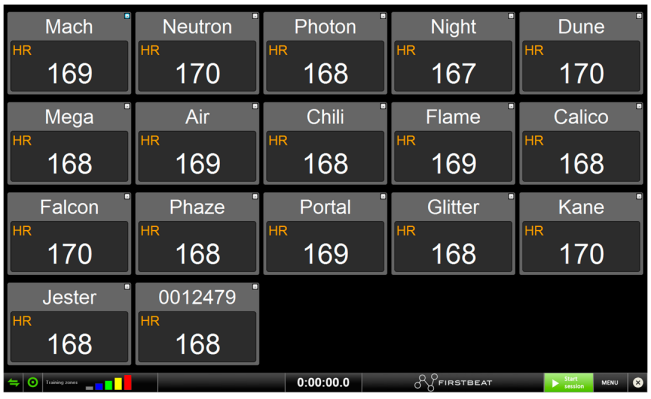

Select class
Select the class for monitoring.
Class
Select class
Select the class you want to use in online monitoring session. Only students from the selected class will be included in the session. Once the session is concluded you will receive PDF reports to your e-mail based on the reporting settings in Configuration.
OK
Cancel



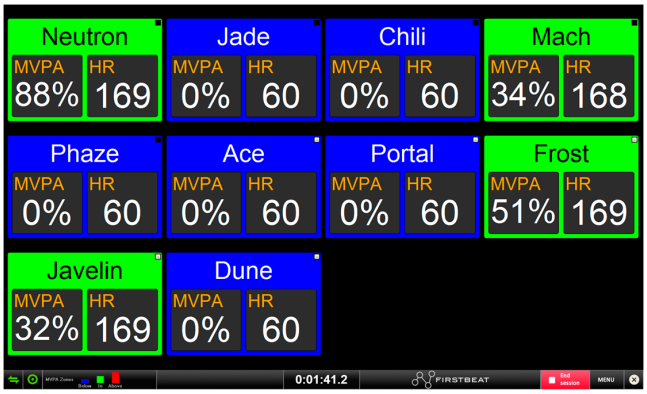
Give HR belts to students and make sure they wear them correctly:

1. Moisten the electrode surfaces on the back of the belt.
2. Attach the belt firmly on bare skin around the chest just below pectoral muscles (see the picture).
3. Make sure that the manufacturer logo is facing up.

Firstbeat Monitor will automatically start searching for the receiver and heart rate belts within range. The belts appear to the screen as they are found.

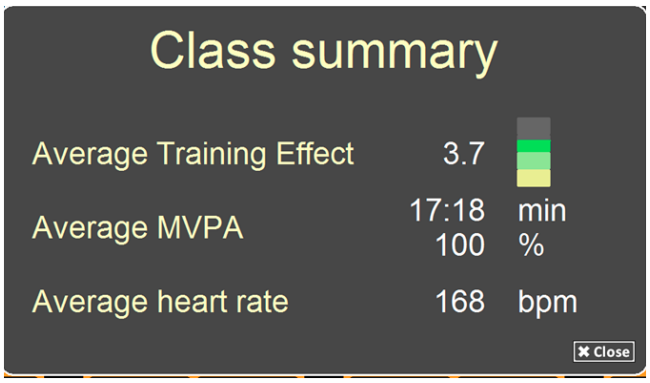


Click *Start session* on bottom bar. Timer starts to run and Firstbeat Monitor shows each student on the screen.


Neutron MVPA 88% HR 169
Jade MVPA 0% HR 60
Chili MVPA 0% HR 60
Mach MVPA 34% HR 168
Phaze MVPA 0% HR 60
Ace MVPA 0% HR 60
Portal MVPA 0% HR 60
Frost MVPA 51% HR 169
Javelin MVPA 32% HR 169
Dune MVPA 0% HR 60
0:01:41.2
FIRSTBEAT
MENU

3.3.2 End monitoring session

Click *End session* when PE class is ended. Class summary with Class Average Training Effect, MVPA and Class Average Heart Rate appears on screen.



Close the *Class summary* to see the individual results. See the Training Effect, Average Heart Rate, Energy expenditure (Kcal) and percentage total time in MVPA zone (%) for each student. Clicking *Close summary* triggers automatic emailing of reports and moves to the start phase for the next monitoring session.

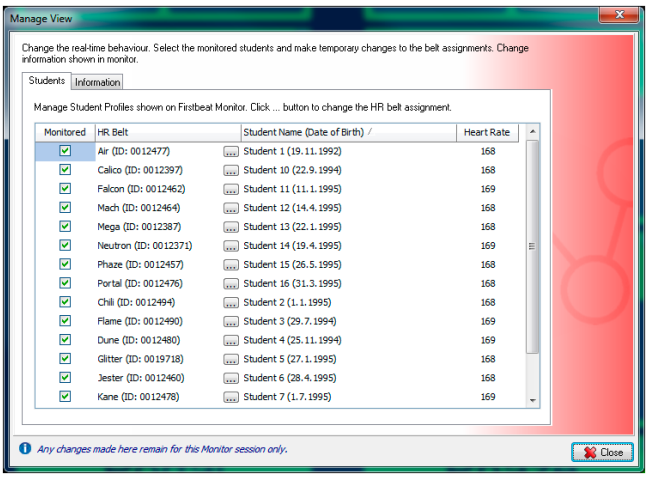
Mach TE 3.8 HR average 168 kcal (sum) 196 MVPA 100%
Neutron TE 3.5 HR average 168 kcal (sum) 191 MVPA 100%
Photon TE 3.0 HR average 168 kcal (sum) 213 MVPA 100%
Night TE 3.3 HR average 168 kcal (sum) 213 MVPA 100%
Dune TE 4.3 HR average 168 kcal (sum) 288 MVPA 100%
Mega TE 3.5 HR average 168 kcal (sum) 108 MVPA 100%
Air TE 4.3 HR average 168 kcal (sum) 161 MVPA 100%
Chili TE 3.8 HR average 168 kcal (sum) 254 MVPA 100%
Flame TE 3.3 HR average 168 kcal (sum) 153 MVPA 100%
Calico TE 5.0 HR average 168 kcal (sum) 218 MVPA 100%
Falcon TE 4.3 HR average 168 kcal (sum) 174 MVPA 100%
Phaze TE 3.8 HR average 168 kcal (sum) 166 MVPA 100%
Portal TE 3.3 HR average 168 kcal (sum) 236 MVPA 100%
Glitter TE 3.3 HR average 168 kcal (sum) 248 MVPA 100%
Kane TE 3.5 HR average 168 kcal (sum) 197 MVPA 100%
Jester TE 3.5 HR average 168 kcal (sum) 128 MVPA 100%
0:17:18.4
FIRSTBEAT
MENU

COPYRIGHT © FIRSTBEAT TECHNOLOGIES OY **WWW.FIRSTBEAT.FI**

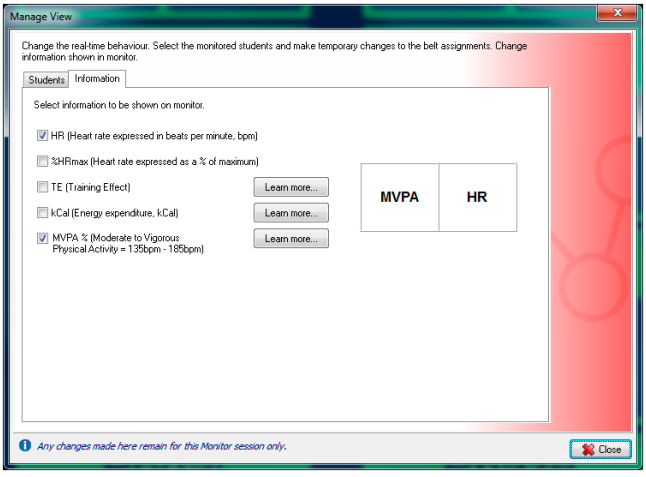
3.3.3 Modifying settings during the workout

Firstbeat Monitor enables temporary changes to settings during the workout. The changes will apply only to the ongoing session and the default settings are not affected. Click *Manage view* in Menu on right of bottom bar to modify the settings.

In case of non-working HR belt, give another belt to the student and change the HR belt assignment under the *Students* tab in the Manage view tool.


Manage View
Change the real-time behaviour. Select the monitored students and make temporary changes to the belt assignments. Change information shown in monitor.
Students
Information
Manage Student Profiles shown on Firstbeat Monitor. Click ... button to change the HR belt assignment.
Monitored
HR Belt
Student Name (Date of Birth)
Heart Rate
Air (ID: 0012477) Student 1 (19.11.1992) 168
Calico (ID: 0012397) Student 10 (22.9.1994) 168
Falcon (ID: 0012462) Student 11 (11.1.1995) 169
Mach (ID: 0012464) Student 12 (14.4.1995) 168
Mega (ID: 0012387) Student 13 (22.1.1995) 168
Neutron (ID: 0012371) Student 14 (19.4.1995) 169
Phaze (ID: 0012457) Student 15 (26.5.1995) 168
Portal (ID: 0012476) Student 16 (31.3.1995) 168
Chili (ID: 0012494) Student 2 (1.1.1995) 168
Flame (ID: 0012490) Student 3 (29.7.1994) 169
Dune (ID: 0012480) Student 4 (25.11.1994) 169
Glitter (ID: 0019718) Student 5 (27.1.1995) 168
Jester (ID: 0012460) Student 6 (28.4.1995) 168
Kane (ID: 0012478) Student 7 (1.7.1995) 169
Any changes made here remain for this Monitor session only.
Close

Change the information shown in monitor under the *Information* tab.

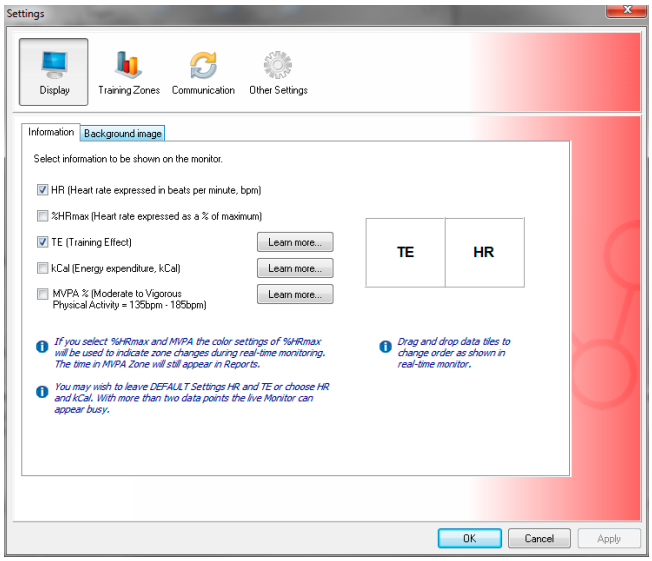

Manage View
Change the real-time behaviour. Select the monitored students and make temporary changes to the belt assignments. Change information shown in monitor.
Students
Information
Select information to be shown on monitor.
HR (Heart rate expressed in beats per minute, bpm)
%HRmax (Heart rate expressed as a % of maximum)
TE (Training Effect)
kCal (Energy expenditure, kCal)
MVPA % (Moderate to Vigorous Physical Activity = 135bpm - 185bpm)
Learn more...
Learn more...
Learn more...
MVPA
HR
Any changes made here remain for this Monitor session only.
Close

3.4 Settings

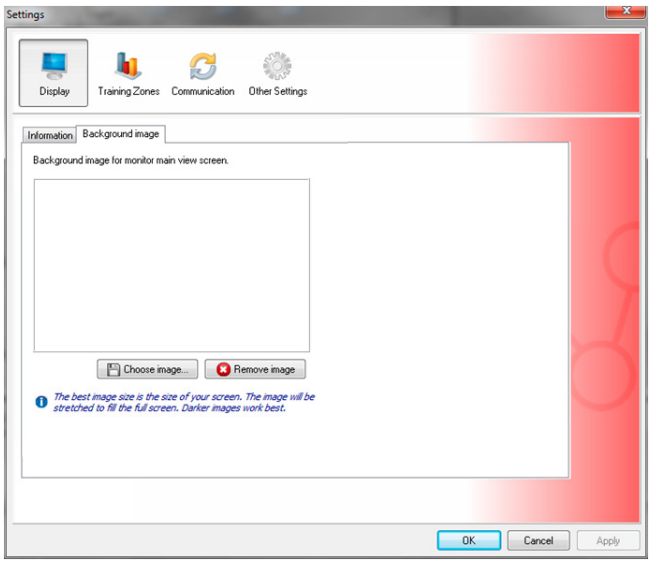
Changes to Settings affects the Firstbeat Monitor behavior and appearance. You can choose which information and which colors are shown on the Monitor screen and change the automatic reporting all in settings. Click *Settings* in the *Login window* or in Menu.

3.4.1 Display settings

Use *Display* settings to select *Information* to be shown on the Monitor screen.

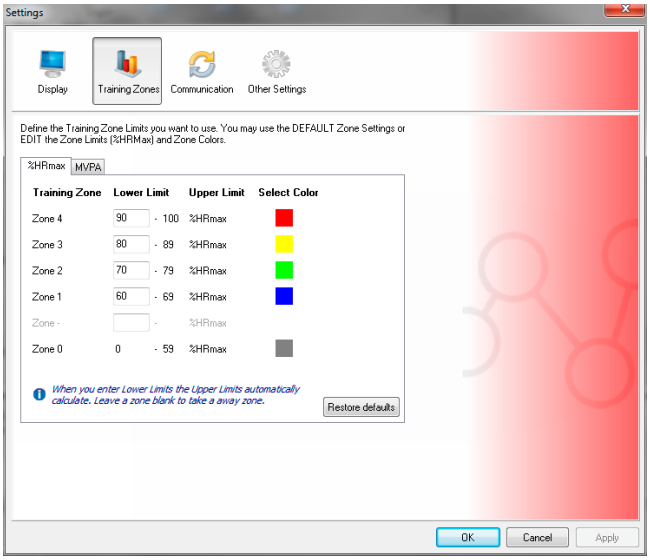

Settings
Display
Training Zones
Communication
Other Settings
Information
Background image
Select information to be shown on the monitor.
HR (Heart rate expressed in beats per minute, bpm)
%HRmax (Heart rate expressed as a % of maximum)
TE (Training Effect)
kCal (Energy expenditure, kCal)
MVPA % (Moderate to Vigorous Physical Activity = 135bpm - 185bpm)
Learn more...
Learn more...
Learn more...
TE
HR
If you select %HRmax and MVPA the color settings of %HRmax will be used to indicate zone changes during real-time monitoring. The time in MVPA Zone will still appear in Reports.
You may wish to leave DEFAULT Settings HR and TE or choose HR and kCal. With more than two data points the live Monitor can appear busy.
Drag and drop data tiles to change order as shown in real-time monitor.
OK
Cancel
Apply

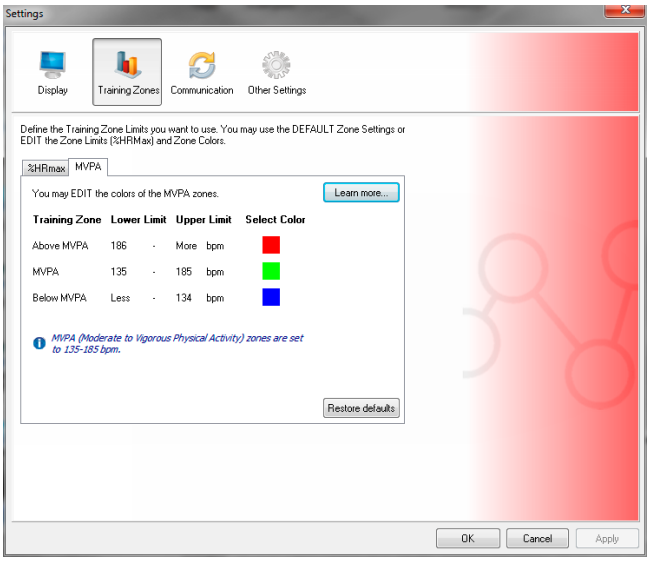
You may select a background image to be displayed in monitor main view screen by choosing the *Background image* tab. The image will be stretched to fill the screen. It is recommended to use darker images that are approximately the size of the screen.



3.4.2 Training zones

Use Training Zone settings to select Zone Limits and Colors for Training Zones for %HRmax monitoring or for colors if using MVPA Zone monitoring.


Settings
Display
Training Zones
Communication
Other Settings
Define the Training Zone Limits you want to use. You may use the DEFAULT Zone Settings or EDIT the Zone Limits (%HRMax) and Zone Colors.
%HRmax
MVPA
Training Zone
Lower Limit
Upper Limit
Select Color
Zone 4 90 - 100 %HRmax
Zone 3 80 - 89 %HRmax
Zone 2 70 - 79 %HRmax
Zone 1 60 - 69 %HRmax
Zone - - %HRmax
Zone 0 0 - 59 %HRmax
When you enter Lower Limits the Upper Limits automatically calculate. Leave a zone blank to take a away zone.
Restore defaults
OK
Cancel
Apply


Settings
Display
Training Zones
Communication
Other Settings
Define the Training Zone Limits you want to use. You may use the DEFAULT Zone Settings or EDIT the Zone Limits (%HRMax) and Zone Colors.
%HRmax
MVPA
You may EDIT the colors of the MVPA zones.
Learn more...
Training Zone
Lower Limit
Upper Limit
Select Color
Above MVPA 186 - More bpm
MVPA 135 - 185 bpm
Below MVPA Less - 134 bpm
MVPA (Moderate to Vigorous Physical Activity) zones are set to 135-185 bpm.
Restore defaults
OK
Cancel
Apply

3.4.3 Communication settings

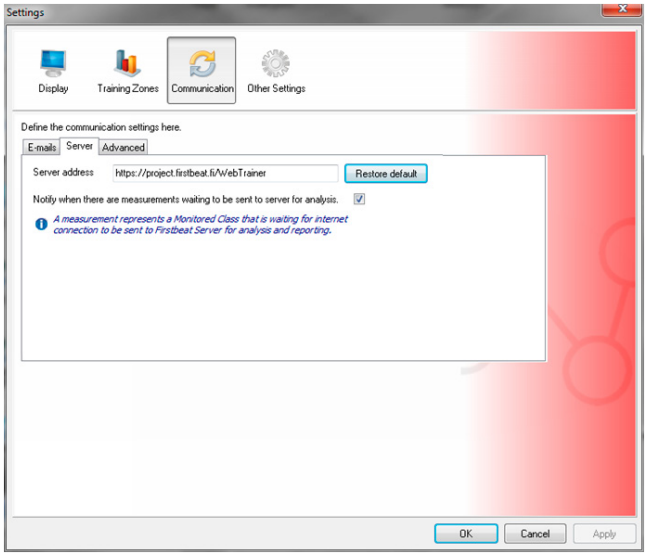
Use *Communication settings* to setup the automatic emailing and server connection parameters.

E-mails: Choose the e-mailed Reports that teachers and students/parents will receive automatically after each monitored PE class.

Server: Define the *Server address* for server connection.

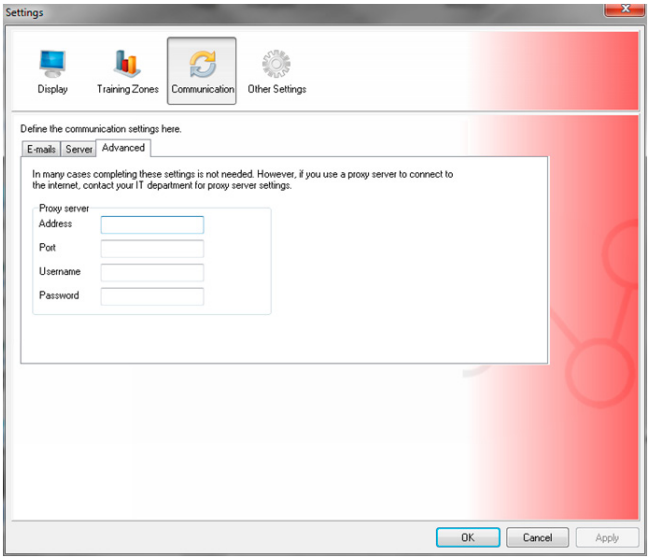
NOTE: The default server address should work and this value should not be changed without Firstbeat Support consultation.

Choose whether to get notification when there are measurements waiting to be sent to server. This occurs when there is no internet connection available when monitoring session ends.



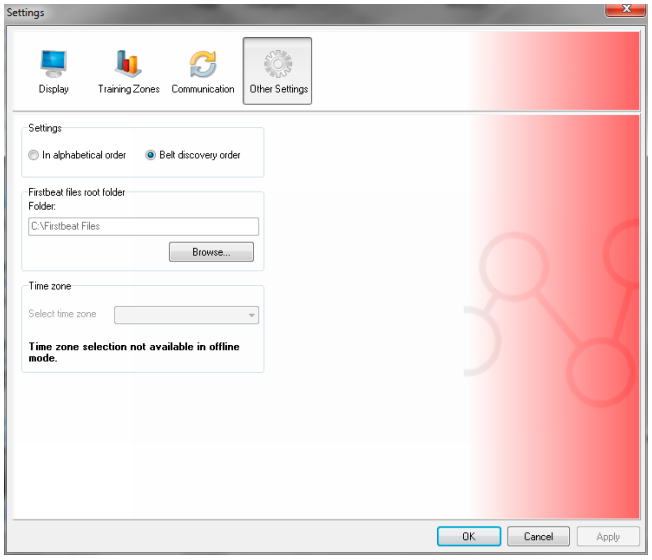
COPYRIGHT © FIRSTBEAT TECHNOLOGIES OY **WWW.FIRSTBEAT.FI**

Advanced: Set the proxy server settings under Advanced tab. Contact your IT department for proxy server settings.



3.4.4 Other settings

Use *Other Settings* to be able to change the order of the student data tiles in monitor view. You can choose to arrange the student data tiles in alphabetical order or to keep them arranged in the order in which they appear when first detected. Firstbeat files root folder defines the place in your hard disc where all the measurement files are stored for backup. You can also edit time zone information.



YOUR NOTES

COPYRIGHT © FIRSTBEAT TECHNOLOGIES OY **WWW.FIRSTBEAT.FI**

COPYRIGHT © FIRSTBEAT TECHNOLOGIES OY **WWW.FIRSTBEAT.FI**

COPYRIGHT © FIRSTBEAT TECHNOLOGIES OY **WWW.FIRSTBEAT.FI**